

FIT-TASTIC!

WINTER 2016 NEWSLETTER



How to Encourage Active Play this Holiday Season

As Black Friday and holiday shopping for your little one draws near, we encourage you consider toys that encourage active play.

- **What is active play?** Any activity with moderate to vigorous bursts of energy that should cause your child's heart rate to rise and breathe more heavily (USDA & USDHHS, 2013).
- **Why is active play important?** Active play is great for children's health, development, and learning. One study, published by American Academy for Pediatrics, shows that kids, participating in active play, improve thinking skills and multi-tasking when compared to kids not as active. Children's brain health can be influenced by active play.
- **How much time should you set aside for active play?** Toddlers (up to age 3) are encouraged to participate in a total of 60 to 90 minutes of active play per day. Preschoolers

(ages 3-6) should have 90-120 minutes of active play.

- **How can you support active play?** Keep toys that promote physical play easily available, and encourage your kids to play in 10-20 minute periods. Examples of toys supporting active play include: balls, hula hoops, rackets, Frisbees, bubbles, kites, jump ropes, tricycles/bicycles, and skates.



1 HOUR
OR MORE OF
PHYSICAL
ACTIVITY

So when starting your holiday shopping this season, give your child a toy they will not only enjoy, but will also help their brain grow and develop. Remember, when winter brings snow there is nothing children love more than sledding and building a fort or snowman. That is great exercise for you, too.

For More Information on Active Play:

- http://www.fns.usda.gov/sites/default/files/opportunities_play.pdf

Keeping Your Immune System Strong this Winter

Cold weather brings all sorts of new viruses, so protect your kids this winter by making sure they are eating their recommended servings of fruits and vegetables. Fruits and vegetables are a great source of antioxidants such as vitamins A, C, & E.

Antioxidants help remove harmful material that can damage cells in our body. The more colorful the fruit/vegetable, the more antioxidants it has.

Vitamin A helps keep the respiratory system healthy. The National Institute of Health (NIH) recommended daily doses for kids are approximately 300-400 mcg (1 cup of cantaloupe, ¾ of a slice of pumpkin pie, or ½ cup of raw carrots). Pumpkins are packed with Vitamin A.

Vitamin C helps maintain skin integrity, which is your body's first defense against bacte-

ria and viruses. It also aids in increasing white blood cell count to protect against infection and can be linked to decreased length and intensity of a cold. Red bell peppers have the highest levels of Vitamin C, even more than citrus. NIH recommended daily doses for kids are approximately 15-25 mg (1/8 cup red bell peppers, ¼ cup Brussel sprouts, or ½ cup of cauliflower).

Vitamin E is involved in boosting the immune system. NIH examples of recommended daily doses for kids are approximately 5-6 mg (1.5 cups of cooked spinach or broccoli).

Broccoli, cabbage, Brussel sprouts, cauliflower, and turnips are seasonal plants that contain vitamins A, C, and E.

Seasonal Fruits and Vegetables

Artichokes, Brussel Sprouts, Buttercup Squash, Cabbage, Clementines, Cranberries, Date Plums, Grapefruit, Kale, Kiwifruit, Oranges, Snow peas, Sweet Potatoes, Tangerines, and Turnips

Things to do this Winter

Columbia Farmers Winter Market: Every Saturday, 9 a.m.-12 p.m. except Dec. 24 and 31. All Ages, FREE. Come out and try high quality and affordable food from Columbia's local farmers and vendors. EBT/SNAP, checks, debit and credit cards accepted. *Location: Parkade Center, 601 W Business Loop 70 W.*

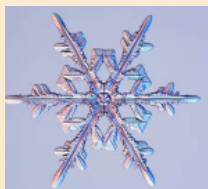
Living Windows Festival: Friday, Dec. 2, 6 p.m. Shops throughout The District move all the merchandise out of their front windows and stage live holiday performances for on-lookers. *Location: The District, South 10th Street.*

Barnes and Noble Story-times: Dec. 2, 3, 10, 17, 31.

- *The Polar Express* Pajama Storytime, Dec. 2, 7 p.m.
- *How the Grinch Stole Christmas!* Storytime, Dec. 3, 11 a.m.
- *If You Give a Mouse a Cookie* Storytime, Dec. 10, 11 a.m.
- *Santa's Sleigh is on It's Way*, Storytime Dec. 17, 11 a.m.
- *Hap-Pea All Year* Storytime, Dec. 31, 11 a.m.

Location: Barnes and Noble at the Columbia Mall

Santa Hotline: Dec. 3, 9 a.m.-3 p.m. Ages 3-10, FREE. Children can call the North Pole and will have the opportunity to speak with Santa, Mrs. Claus, or one of the many elves. *Call 874-7473 or 874-6335 ONLY on this day.*



City Kwanzaa Celebration: Dec. 3rd, 2-5 p.m. at Progressive Missionary Baptist Community Building. All ages, FREE. Come celebrate this African-American holiday based around developing positive families and communities. There will be community awards given, entertainment and a holiday feast. *Please call 874-6379 for more information.*

Holiday Lights and Sights Tour: Dec. 16, 6:15-7:30 p.m. or 7:45-9 p.m. All ages. \$7.50/person. Enjoy some of the City's most beautiful holi-

day lights from the comfort of a Parks and Recreation minibus! Bring a car seat for young children. Pre-registration is required! *Tour starts at the ARC, 1701 W Ash St.*

10th Annual Christmas Tractor Parade: Dec. 16, 6-8 p.m. All Ages, FREE. See tractors and trailers decked out with Christmas lights in this annual Centralia parade! Hosted by the Centralia Young Farmers. *Begins at Centralia MFA.*

Dr. Martin Luther King, Jr. Candle Light March & Memorial Celebration: Jan. 16, 6:30 p.m. The march will begin at 6:30 p.m. at Douglass High School, 310 North Providence Road, then proceed to the Memorial Celebration.

Gospel Explosion & Soul Food Dinner Musical Celebration: Feb. 26, 3 p.m. All Ages, FREE. Come and enjoy lots of great gospel music from local and regional acts. Afterwards there will be a soul food feast for all that attend. *Location TBA.*

Winter Recipe

Flourless (gluten free) pumpkin pie

Ingredients: 2 eggs, 3 cups pumpkin puree, 4 tablespoons unsalted butter, 1/2 teaspoon salt, 1 teaspoon cinnamon, 1/4 teaspoon nutmeg or 1/4 teaspoon pumpkin pie spice, 1 teaspoon vanilla, 1 teaspoon ground ginger, 1/2 cup brown sugar, 1/2 cup plain yogurt



Directions:

1. Separate egg whites from yolks.
2. Add 1/2 tsp of salt to egg yolks and whisk.
3. Mix egg yolks, vanilla, sugar, melted butter, pumpkin, spices, and yogurt.
4. Beat egg whites until stiff but not peaked and fold into the batter til smooth.
5. Pour into 1 greased pie dish or cake pan.
6. Bake at 350F degrees for 30 minutes or until toothpick comes out clean.